



*Monthly Wednesday Night
Demonstration*

April 17, 2019

Waste Not – Want Not



Resources:

- Please visit the National Center for Home Food Preservation at <http://nchfp.uga.edu> for detailed information about research-based methods of home food preservation.
- UC ANR Catalog (<http://anrcatalog.ucanr.edu>)

Should you need assistance or require special accommodations for any of our educational programs,



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STANDARD TOMATO SAUCE

Source: National Center for Home Food Preservation
https://nchfp.uga.edu/how/can_03/tomato_sauce.html

Procedure: Simmer in large-diameter saucepan until sauce reaches desired consistency. Boil until volume is reduced by about one-third for thin sauce, or by one-half for thick sauce. **Add bottled lemon juice or citric acid to jars** (See [acidification directions](#)). Add 1 teaspoon of salt per quart to the jars, if desired. Fill jars, leaving ¼-inch headspace. Adjust lids and process. Recommended process times are given in [Table 1](#). (Tomatoes can be pressure-canned. For process times and info see: https://nchfp.uga.edu/how/can_03/tomato_sauce.html. Acidification is still required for the pressure canning options.)

Style of Pack	Jar Size	Process Time at Altitudes of			
		0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	35 min	40	45	50
	Quarts	40 min	45	50	55

Acidification: To ensure safe acidity in whole, crushed, or juiced tomatoes, add two tablespoons of bottled lemon juice or 1/2 teaspoon of citric acid per quart of tomatoes. For pints, use one tablespoon bottled lemon juice or 1/4 teaspoon citric acid. Acid can be added directly to the jars before filling with product. Add sugar to offset acid taste, if desired. Four tablespoons of a 5 percent acidity vinegar per quart may be used instead of lemon juice or citric acid. However, vinegar may cause undesirable flavor changes.

FREEZING WHOLE, RAW TOMATOES

Source: University of Nebraska

- Select firm, ripe tomatoes with deep red color.
- Prepare tomatoes for freezing (wash, rinse, and dry with a paper towel) and cut away the stem scar.
- Place the tomatoes on cookie sheets and freeze. Tomatoes do not need to be blanched before freezing.
- Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers, leaving 1-inch headspace.
- To use the frozen tomatoes, remove them from the freezer a few at a time or all at once. To peel, just run a frozen tomato under warm water in the kitchen sink. Its skin will slip off easily.

DRIED TOMATO AND HERB SAUCE

Yield: Makes about 3 cups or 2 cups of thick sauce

Source: The Dehydrator Bible, 2009

Ingredients

3 slices dried garlic	1 teaspoon crumbled dried oregano
1 cup dried tomatoes	1/2 teaspoon salt
2 tablespoons dried onion pieces	1/4 teaspoon freshly ground pepper
1 tablespoon crumbled dried parsley	4 cups water
1 teaspoon crumbled dried basil	Granulated sugar (optional)

- In a saucepan, combine garlic, tomatoes, onions, parsley, basil, oregano, salt, pepper and water; bring to a boil over medium heat. Reduce heat to low, cover, leaving lid slightly ajar, and simmer, stirring occasionally, for about 20 minutes or until tomatoes are very soft and starting to break down.
- Using an immersion blender in the pan, or transferring to a blender, puree sauce until fairly smooth. Return to pan, if necessary.
- For a thicker sauce, return to a simmer over medium heat. Reduce heat and simmer, uncovered, stirring often, for about 15 minutes or until desired consistency. Season to taste with salt, pepper and sugar, if using.

Tips:

If you prefer a chunky sauce, mince the garlic and finely chop the dried tomatoes before adding them to the saucepan, and omit the pureeing.

The sugar helps to smooth out the flavor and enhances the tomatoes and herbs.

For an even richer flavor, use dried roasted onion pieces and 2 teaspoons crumbled dried roasted garlic.

TOMATO POWDER

Source: food52.com

Fresh tomato slices (1/4-inch thick) or pureed tomatoes or tomato skins

- Place on dehydrator tray and dry until crisp.
- Place dried tomato slices or leather or skins in blender, herb, or coffee grinder and blend until a fine powder.
- Use powder in a variety of dishes from soups to meat loaf. The flavor of dried tomatoes is more concentrated so use sparingly in your cooking.

Reconstitution ratios:

- Tomato Paste: 1 cup dried tomato powder, 1-3/4 cups water, 1/2 teaspoon sugar.
- Tomato Sauce: 1 cup dried tomato powder, 3 cups water, 1/2 teaspoon sugar.
- Tomato Soup: 1 cup dried tomato powder, 3/4 cup water, 1/2 cup dry milk. Season to taste.

TOMATO SKIN CHIPS

Source: The Ultimate Dehydrator Cookbook, 2014

- Arrange tomato skins on dehydrator tray; sprinkle with seasonings (salt, garlic, etc.).
- Dry at 135°F for 4-6 hours or until crispy.

TOMATO FLAVORED SALT

Source: food52.com

Tomato skins (weighed)

Coarse salt (in equal amount to tomato skins by weight)

- Heat oven to 200°F.
- After blanching and peeling tomatoes for some other use, save those skins and weigh them.
- Spread out the tomato skins on a parchment lined baking sheet and sprinkle with the coarse salt (that you've measured out to be equal in weight to the tomato skins).
- Place the baking sheet in the oven and bake until the tomato skins are completely dry, like (salt-encrusted) autumn leaves. For the skins of 4 medium tomatoes, this takes around 2 to 3 hours; larger batches will likely take longer.
- Remove from the oven and let cool. Then, pulverize the salty skins into tomato skin salt either in a spice mill or mortar and pestle. A small food processor works too, but you might not be able to get the skins to break down as finely.

CINNAMON WATERMELON RIND PICKLES

Source: Ball Complete Book of Home Preserving

<https://www.freshpreserving.com/cinnamon-watermelon-rind-pickles---ball-recipes-br1146.html>

Preserving Method: Boiling Water Bath Canning

Makes about 4 to 5 (16 oz) pints

Ingredients

16 cups sliced peeled watermelon rind* (about 2 medium)	4 cups white vinegar
1 cup pickling salt	3 cinnamon sticks, broken in half
8 cups cool water, divided	4 to 5 (16 oz) pint glass preserving jars with lids and bands
6 cups granulated sugar	

*To prepare watermelon rind, remove dark green peel from watermelon rind and discard. Cut rind into 2- x 1-inch slices.

DIRECTIONS

Day 1

- LAYER watermelon rind and salt in a large crock, glass or stainless-steel bowl. Add 4 cups of the cool water. Place a large clean inverted plate on top of the rind and weigh down with two or three quart jars filled with water and capped. Cover with plastic wrap or a clean towel and refrigerate for 8 hours or overnight.

Day 2

TRANSFER rind to a colander placed over a sink. Drain and rinse in cool running water. Drain and rinse again. Drain thoroughly.

- COMBINE rind with remaining 4 cups cool water in a large stainless-steel saucepan. Bring to a boil over medium-high heat. Reduce heat and boil gently until rind is fork-tender, about 10 minutes. Drain and set aside.
- COMBINE sugar, vinegar and cinnamon stick halves in a clean large stainless-steel saucepan. Bring to a boil over medium-high heat, stirring to dissolve sugar. Reduce heat and boil gently for 5 minutes, until cinnamon has infused the liquid.
- ADD drained rind and return to a boil. Reduce heat and boil gently, stirring occasionally, for 1 hour, until watermelon is translucent. Discard cinnamon sticks.
- PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
- PACK hot rind into hot jars leaving 1/2 inch headspace. Ladle hot pickling liquid into jar to cover rind leaving 1/2 inch headspace. Remove air bubbles. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.
- PROCESS jars in a boiling water canner for 10 minutes (at 1,001 to 3,000 feet altitude add 5 minutes; 3,001 to 6,000 feet - add 10 minutes; 6,001 to 8,000 feet - add 15 minutes, 8,001 to 10,000 feet - add 20 minutes). Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

HOMEMADE LIQUID PECTIN FROM APPLE SCRAPS

If you have access to tart, slightly underripe cooking apples or crab apples, you can make your own liquid pectin.

Making the Pectin

Wash fruit and remove the stems. Slice the unpeeled fruit into a large heavy kettle. Leave the cores in the fruit. Remove bruises, worms and damaged parts.

Apple Pectin (Yield: 1 cup pectin per pound of apples)

1 pound sliced apples (include both slightly underripe and ripe)

2 cups water

Bring to a boil in a covered, heavy kettle. Simmer for 20 minutes. Do not overcook the apples. Remove from the heat and let cool slightly. Pour the apple pulp and juice through a damp jelly bag or strainer lined with a damp cloth. Allow to drip into a bowl for 4 hours or overnight. To avoid cloudiness, do not squeeze the bag. Place the juice that dripped from the bag into a heavy kettle and boil rapidly, uncovered, until the volume is reduced by half. This liquid contains the pectin that is now ready to sue.

Crab Apple Pectin

2 pounds sliced crab apples (do not peel or core)

3 cups water

Place crab apples and water in a heavy saucepan. Simmer 30 – 40 minutes, adding additional water if needed. Stir to prevent the mixture from sticking. Pour the cooked mixture into a damp jelly bag or cloth, set over a bowl, and let the juices drip from the bag. (Don't squeeze the bag.) The juice that drips contains the pectin.

Storing the Pectin

Homemade pectin may be canned for long term storage. Pour hot pectin into hot half-pint or pint jars, leaving 1/2 inch headspace. Process jars at a simmering temperature (185°F) for 15 minutes (at 1,001 to 3,000 feet altitude add 5 minutes; 3,001 to 6,000 feet - add 10 minutes; 6,001 to 8,000 feet - add 15 minutes, 8,001 to 10,000 feet - add 20 minutes). Store canned pectin in a cool, dry, dark place and use within a few months. Refrigerate pectin after opening.

Using the Pectin

Homemade pectin may replace commercial liquid pectin (2/3 cup homemade pectin equals 1 packet commercial pectin). Follow instructions in pectin packages. If not following a pectin manufacturer's recipe, use 2/3 cup homemade pectin for each 4 cups of fruit. Lemon juice should be added to prepared fruit that doesn't taste tart (1 Tablespoon for each cup of juice).

Use the test for pectin to estimate pectin content of the fruit. Some fruits (including apricots, figs, peaches, sweet plums, strawberries and pears) that are very low in pectin may require the addition of another cup of homemade pectin solution for each 4 cups of fruit. Try the minimum amount (2/3 cup of pectin) first. Add pectin to prepared fruit in a large kettle and bring to a boil. After 2 to 3 minutes of boiling, add 2 to 3 cups of sugar and boil rapidly until the gelling stage is reached.

Homemade Liquid Pectin from Apple Scraps (continued)

Test for Pectin

An alcohol test gives a rough estimate of the amount of pectin in fruit juice. In a small dish, put 1 teaspoon juice and 1 Tablespoon 70% rubbing alcohol. Stir slightly to mix. Juice high in pectin will form a solid jelly-like mass that can be lifted with a fork; juices low in pectin will remain liquid or form only small particles jelly-like lumps.

Note: Do not taste this mixture. Rubbing alcohol is poisonous. Keep the container out of reach of children.

JALAPENO JELLY

Source: Ball Complete Book Home Preserving <https://www.freshpreserving.com/jalapeno-jelly-recipe>

Preserving Method: Water Bath Canning

Makes about 5 (8 oz) half pints

Eliminate the juice-making step and still produce a translucent jelly? This unique recipe does! Flecked with tiny bits of peppers, this zesty jalapeno jelly adds a jewel-like flair to cheese trays. Spread it on a block of warmed cream cheese and serve with crackers.

INGREDIENTS

12 oz jalapeño peppers (about 12 med)	2 3-oz pouches of Liquid Pectin
2 cups cider vinegar, divided	Green food coloring, optional
6 cups sugar	

DIRECTIONS

- PREPARE boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
- PURÉE peppers in food processor or blender with 1 cup cider vinegar until smooth. Do not strain purée.
- COMBINE purée with remaining 1 cup cider vinegar and sugar. Bring to a boil over high heat. Boil 10 minutes, stirring frequently.
- ADD liquid pectin, immediately squeezing entire contents from pouches. Continue to boil hard for 1 minute, stirring constantly. Remove from heat. Add food coloring, if using, and skim foam if necessary.
- LADLE hot jalapeno jelly into hot jars leaving 1/4 inch headspace. Wipe rim. Center lid on jar. Apply band until fit is fingertip tight.
- PROCESS in a boiling water canner for 10 minutes (at 1,001 to 3,000 feet altitude add 5 minutes; 3,001 to 6,000 feet - add 10 minutes; 6,001 to 8,000 feet - add 15 minutes, 8,001 to 10,000 feet - add 20 minutes). Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed.

FRUIT HONEY FROM PEELS AND CORES

Fruit Honeys are made by cooking fruit juice or pulp with sugar to the consistency of honey. They do not contain any honey. Peels from peaches, pears, apples work well. Use fruit honey on top of waffles, French toast, on a trifle, coffee cake, or any other baked good that is enhanced with a sweet spread.

Fruit Honey

Source: So Easy to Preserve, 2014

- Sterilize canning jars by boiling for 10 minutes at altitudes of less than 1,000 ft. At higher elevations, boil jars 1 additional minute for each additional 1,000 ft. elevation.
- Cover fruit peelings with water and cook slowly in a covered saucepan until soft.
- Pour mixture through a cheesecloth bag and press to remove all juice. Drip the juice through a jelly bag and measure. Measure out sugar at the rate of half as much sugar as juice.
- Heat juice in sauce pan to a vigorous boil. Add sugar. Boil rapidly until the consistency of honey.
- Ladle syrup in jars. Leave 1/4-inch head space. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
- Process 5 minutes in boiling-water or atmospheric steam canner (at 1,001 to 3,000 feet altitude add 5 minutes; 3,001 to 6,000 feet - add 10 minutes; 6,001 to 8,000 feet - add 15 minutes, 8,001 to 10,000 feet- add 20 minutes).
- Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

BROTH FROM FROZEN SCRAPS

Instead of using beautiful fresh vegetables to make broth, keep adding clean vegetable scraps to a freezer bag. Onion skins will give your broth a beautiful golden color. An onion scape will give it flavor. The base of a (clean) celery stalk is too tough to eat on its own, but is full of flavor. Potato peels? Carrot peels? Cauliflower stems? Save them all. When the bag is full, make broth.

For meat broths, freeze the bones from a rotisserie chicken, pheasant, duck, ham, pork chops, steak, lamb, and more.

There are multiple ways to make a flavorful broth: stovetop, slow cooker, and pressure cooker. After you've made the broth, preserve it for long term storage in the freezer or by pressure canning. For detailed pressure canning instructions, visit the National Center for Home Food Preservation at <https://nchfp.uga.edu>.

Making Vegetable Broth in a Pressure Cooker

- Get as much flavor from the vegetables by browning the vegetable scraps in oil, then sautéing some garlic before adding liquid.
- Cook on high pressure for an hour and quick release the pressure.
- Strain the broth.
- Refrigerate for up to two days, freeze for several months, or pressure can it for 30 minutes in pint jars, 35 minutes in quart jars at 10 psi at or below 1000' elevation, 15 psi above 1000'.

WHEY FACTS

“Little Miss Muffet sat on a tuffet, eating her curds and whey”

Whey is the yellowish liquid left over when you make various cultured milk products. Although it still contains lactose, it is full of minerals and whey protein. Whey may be frozen up to 3 months until used.

There are actually two kinds of whey.

1. Acid Whey

Acid (or sour) whey is the liquid produced from making cheese in which an acid (like vinegar or lemon juice has been added for the curdling process (such as for paneer, feta, chevère, or whole milk ricotta).

➤ Uses for Acid Whey

- Soak grain in acid whey for making breads.
- Feed acid whey to animals. They may like sweet whey better than acid whey. Whichever kind you feed them, be careful, because it can upset their digestion if they consume too much. **Cats should not be feed whey.**

2. Sweet Whey

Sweet whey is the liquid produced from making cheese in which rennet has been added for the curdling process (such as for cheddar or most soft cheeses).

➤ Uses for Sweet Whey

- Add it to smoothies and shakes to provide more vitamins, minerals, and proteins.
- Use as cooking liquid for potatoes, rice, grits, pasta, and grains.
- Use as soaking liquid for beans, grains, and nuts.
- Use as soup broth (especially cream-style soups).
- Drink it straight!
- Use instead of the water or milk in any baking recipe.
- Put it in your compost pile. It adds nutrients and makes thick, black compost.

EDIBLE ROOT-VEGGIE TOPS

In the garden, at farmers markets, and in some grocery stores, root vegetables often are presented the same way they came out of the ground, with the bulbous root and leafy greens. Vegetables can be eaten stem-to-root. Below are just a few recipes; many more are online and in books. Explore! Eat!

RADISH TOP SOUP

Source: food52.com

Ingredients

3 tablespoons extra-virgin olive oil 4 shallots, skinned, halved, and finely sliced (1¼ cups) ¼ teaspoon red pepper flakes 2 garlic cloves, skinned and finely sliced 8 ounces Yukon Gold potatoes, peeled and cut in 1/2-inch cubes (1 1/4 cups) 3 cups vegetable stock 2 ½ cups spring water	1 teaspoon sea salt, or to taste Freshly ground black pepper, to taste 12 ounces radish tops without the tough stems (or 12 ounces mustard greens), leaves and tender stems cut in 1/2-inch strips (14 cups loosely packed) 1 tablespoon crème fraîche Lemon-infused oil as garnish
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- Put a large heavy-bottomed soup pot over medium-high heat.
- Add the olive oil, shallots, red pepper flakes, and garlic. Stir well and sauté for 2 to 3 minutes until softened, stirring from time to time.
- Add the potatoes, stock, water, and salt and pepper to taste.
- Bring to a boil.
- Add the radish leaves, stir well, and continue to boil until wilted, about 1 to 2 minutes.
- Reduce heat to medium to medium-low, cover the pot, and simmer for 20 minutes, until the potatoes are tender.
- Add the crème fraîche and purée the soup with an immersion blender or a food processor until silky smooth.
- Taste and adjust the seasoning if needed and keep warm.

CARROT GREENS CHIMICHURRI

Yield: About 1 cup

Source: Adapted from Fernando’s Mom’s Chimichurri recipe, loveandlemons.com

Serve with roasted carrots, other veggies, toasted bread, or over grilled fish or meat.

Ingredients

1 cup finely chopped carrot greens	1 garlic clove, minced
2 teaspoons dried oregano	1 teaspoon salt
1/4 teaspoon cumin	A few grinds of pepper
1 teaspoon ground sweet paprika	1/4 cup white wine vinegar
1/2 teaspoon crushed red pepper flakes	1/4 cup olive oil (a good fruity one)

- Wash and dry your carrot greens well; cut off of carrots.
- Finely chop the carrot greens, mix with all of the dried spices and minced garlic.
- Stir in the vinegar and olive oil. Taste and adjust seasonings. (tip: taste it with a carrot or a piece of bread rather than by the spoonful)

Store in an air tight container at room temperature. It'll keep for quite a while, but will not look as vibrant green after a few days.

If you find this too oily or vinegary, dilute it with 1/4-1/2 cup of lukewarm water. Mix well and spoon it onto whatever you're serving it with, rather than dipping into it.

TURNIP GREENS FRITTATA

Yield: 4 servings

Source: food52.com

Ingredients

2 tablespoons olive oil	1 to 2 bunches turnip greens, stems discarded and leaves sliced crosswise into 1/2-inch strips (you should have 4 cups loosely packed sliced greens)
1 large or 2 small white potatoes, skin on and finely diced (no larger than 1/4-inch; 1 1/2 cups total)	8 eggs, lightly beaten
1 garlic clove, smashed and chopped	Coarsely ground black pepper
Salt	1/4 cup grated Parmesan cheese

- Heat the oven to 375 degrees.
- Warm the oil in a large skillet.
- Add the potatoes and cook over medium high heat until browned on the edges and soft in the center. Add the garlic and season with salt after the potatoes have been cooking for 2 minutes.
- Stir in the turnip greens and cook until wilted and tender, about 3 minutes.
- Season the eggs with salt and pepper. Pour the eggs into the pan, sprinkle with the cheese and transfer to the oven.
- Bake until the frittata is just set, about 10 minutes.
- Let cool for 10 minutes, then slice and serve.